

Caregivers



Project

Sponsored by the James J. Peters
Veterans Medical Center and
Brookdale National Group Respite
Program

BASIC CONCEPTS

- Caregivers are influential in treatment and play a crucial yet unrecognized role.
- Poor care happens most often when the relationship between the patient and caregiver is exhausted.
- Caregivers dedicate an average of 20 hrs. per week of care to older persons, and more time for those with multiple disabilities

Basic Concepts (cont'd)

- According to a recent long term survey, over 7 million persons were identified as informal caregivers.
- Persons receiving care (paid and unpaid) 95% have family and friends involved in their care. Paid home care is the exception not the rule.

POPULATION TREND

- Elders 85 + are the fastest growing segment of the population
- In 10 years, the fastest growing age group will be 65 +
- Baby Boomer Generation (1945 -1964) are joining the ranks of the 55 +
- In 2010 the first Baby Boomers will be 65 - many of them Vietnam Veterans

COST OF SERVICES

Rising Long Term Health Care Costs and Limited Access to Services

- Home Health Care Services = \$250 - \$350 per day for 24 hr. care
- Nursing Home Care Services = \$250 per day/8000 per month
- Adult Day Health Care Services = \$ 150 per day

At present veterans must be Medicaid eligible to obtain these services without significant out-of-pocket payment

Project Goals : Short Term

- **Provide structured activities and enhance health care**
- **Provide respite care**
- **Reduce stress level and burn out syndrome**
- **Decrease risk of elder abuse**
- **Improve caregiver education and access to resources**

Project Goals : Long Term

- Address the complex medical and psychiatric needs of veterans
- Improve patient and caregiver satisfaction
- Serve as transitional setting for patients recently discharged from medical or psychiatric units with memory disorders

Project Design

- **Weekly project to provide a structured therapeutic day respite program**
- **Operating 1 day per week**
- **Extended care dining room area,**
- **Fridays, 9am – 2pm**

Project design 2

- Nursing Services - Medical Assistant, RN
(consultation)
- Rehabilitation Services – Physical Therapist
(consultation)
- Recreation Services
- Social Work Services
- Voluntary Services
- Hospitality Services

Project Design # 3

- **Subjects**

- **5 to 15 Male/Female veterans reviewed per sequence (8 weeks) age 60 +**
- **Dependence in 2 or more ADL's or 3 more IADL's**
- **Patients that can benefit from structured activities and socialization**

Project Design #4

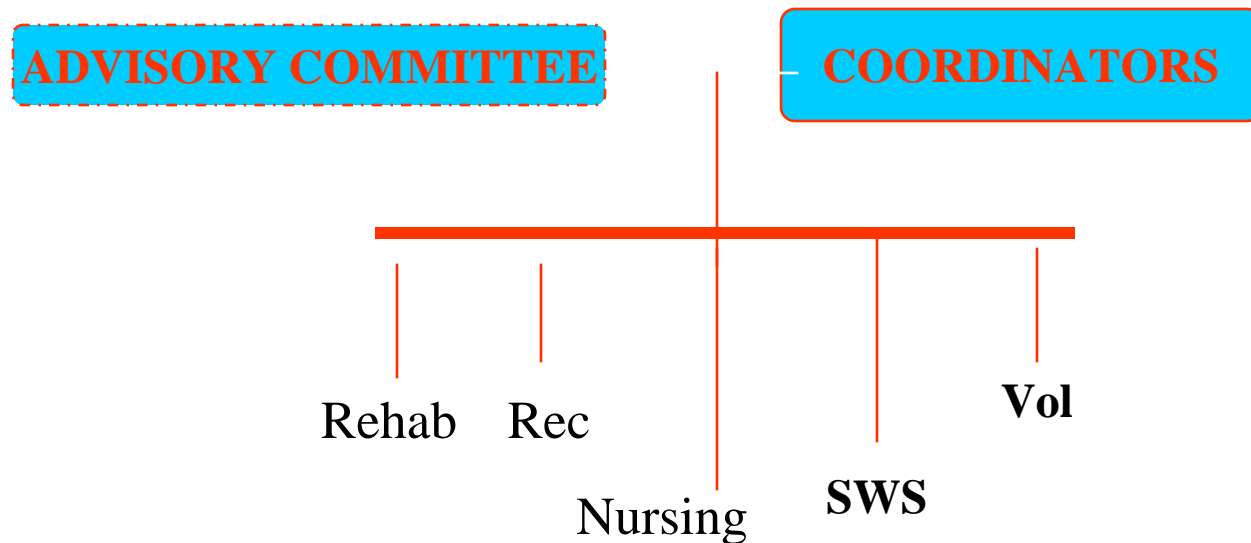
- Exclusion criteria
 - No excessive incontinence
 - No excessive wandering behavior
 - No verbal/physically abusive behaviors
 - Not in need of acute care
 - Not actively abusing substances

Project Referral/Screening

- **Referrals from medical center staff via telephone contact or consult in CPRS**
 - **Chart review and response to consult or request within 2 weeks**
- **Intake assessment by SWS**

Caregiver Project Team Structure

➤ Monthly Team Project/Development Meetings



Contingency and Assurances

- Emergency contact (at least 2 persons) provided by caregiver
- Authorization consent for emergency medical care
- Administrative discharge
 - 3 or more absences from program without contacting program
 - 2 or more late pick ups without contacting program
 - **Back up plan to include social admission to extended care inpatient respite program, (emergencies only)**

Program Schedule

9am - 10 am Socialization Group

10am - 11am Spirituality Group/Tai Chai

11 am - 12 Arts & Crafts

12 - 1 Lunch

1- 2 Reminisce Group/Music

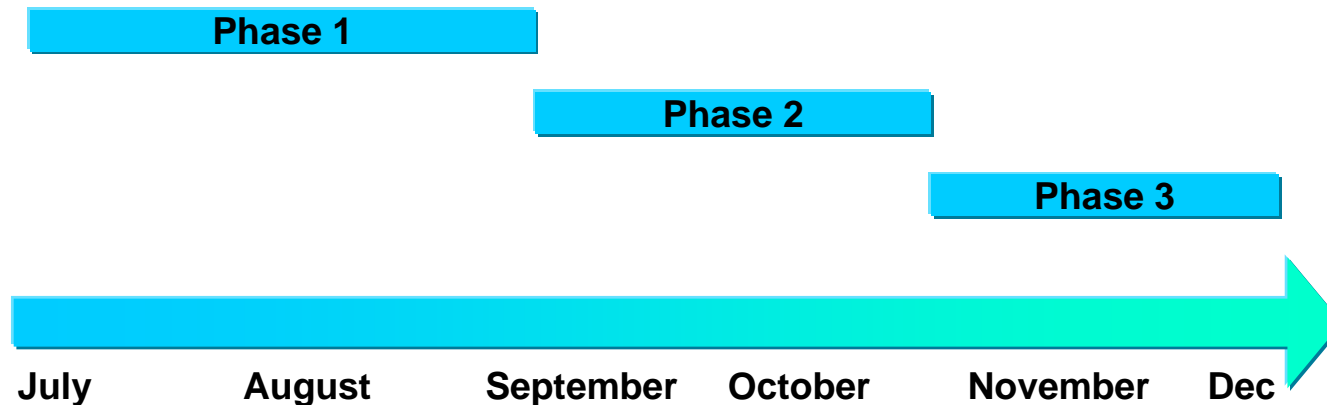
Homeward Bound

Project Assessment

- **Meeting with advisory committee, every 8 weeks or as needed for evaluation of project**
- **Ongoing Staff Development meetings**
 - To monitor patient progress
 - To provide education and support

Project Assessment

- **Pre and Post instruments to measure patient/caregiver satisfaction, stress reduction or project involvement**



ENVISIONING THE FUTURE

ADHC is the health care option for the future

- Considering the population trends/Increasing rate of the elderly
- Cinical demands of the veterans
- Recognition of caregivers has been at the forefront of national policy

OPPORTUNITIES FOR CHANGE AND GROWTH

- Provide a continuum of care without gaps in community based services
- Provide psychosocial support to families that have overwhelming responsibilities to care for aging veterans

Aligns the VHA's Mission of improved patient centered health care for veterans. Aligns with the vision and strategic planning for sound resource management through 2022

OPPORTUNITIES FOR CHANGE AND GROWTH

A VISION TO ASSURE QUALITY HEALTH CARE THROUGHOUT THE LIFE CYCLE

For Consultation and/or Additional Project Information contact Coordinators :

- **Linda Torres, CSW**
- **Helen Bradley, MSW**
(718) 584 - 9000



Caregivers

Caregivers are anonymous heroes that give of themselves generously and perform daily acts of kindness.

Caregivers are keenly aware of patients needs and are most important allies in treatment.

The **Caregivers Project** is a culturally enriched supportive network of services sponsored by the Bronx VA Medical Center to address the needs of veterans and their families for today and tomorrow.

For more information contact:

Bronx VA Medical Center
130 West Kingsbridge Road
Bronx, New York 10468
(718) 584-9000

Helen Bradley x5339
Linda Torres x6946



Caregivers Project



Group Respite PROGRAM

Taking care
of the needs
of those
who care
for others

CAREGIVER PROJECT

Geriatric Patient Care Center
Collaboration

